



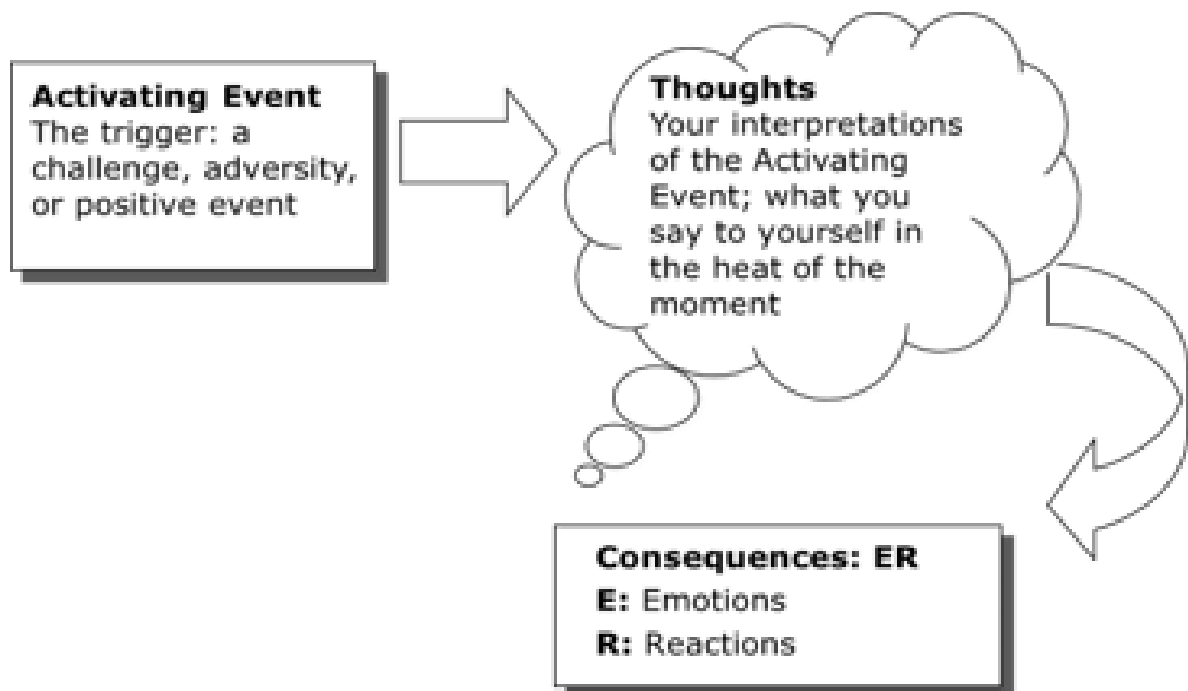
ATC



The ATC model, originally developed by Dr. Albert Ellis, highlights the link between Thoughts and Emotions/Reactions. You can use the ATC model to identify the Activating Event, your Heat-of-the-Moment Thoughts, and the Consequences your Thoughts generate.

It's important to identify your Thoughts about an Activating Event and the Consequences of those Thoughts so that you can have greater control over your Emotions and Reactions.

ATC is one of the first skills taught because it is a foundational skill and will be leveraged in other skills.

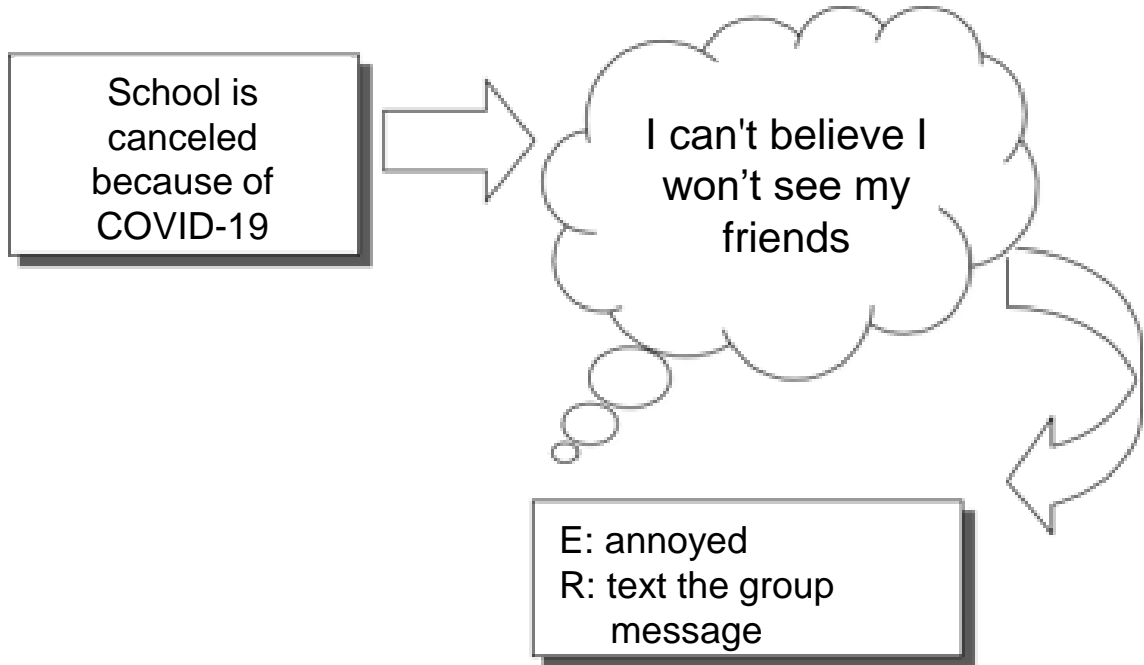




ATC



Example:



Instructions: Use the space below to generate some of your recent Activating Events (AEs).

Mom made my favorite meal

I forgot to do my chores



ATC: EMOTION GLOSSARY

When we are describing how we feel it is important to be able to be specific because there is a level of intensity associated with every emotion we feel. To gain true self-awareness we need to make sure that we are accurately describing our emotions and the intensity. This glossary can help you be more specific.



Happy	Sad	Hopeful
Contented Glad Satisfied Optimistic Pleased Joyful Delighted Mirthful	Down Dejected Depressed Heartbroken Blue Unhappy Downhearted Demoralized	Optimistic Positive Reassured Assured Promising Buoyant Sanguine Bright

Excited	Angry	Scared
Energetic Bouncy Nervous Antsy Perky Agitated Delighted Disturbed	Irritated Resentful Mad Furious Upset Cross Annoyed Vexed	Tense Anxious Frightened Terrified Panic-stricken Afraid Horried Dread

Confused	Worried	Surprised
Trapped Flustered Baffled Constricted Doubt Foggy Disorganized	Agitated Anxious Bothered Restless Tense Uneasy Unsettled	Amazed Astounded Incredulous Shocked Startled Astonished Aghast

Satisfied	Loving	Confident
Adequate Content Mellow Peaceful Pleased	Affectionate Caring Devoted Intimate Warm	Capable Centered Eager Energetic Focused



ATC



Instructions: Use the space below to fill in your thoughts, emotion and reaction for your activating events.

